

INSHAPE DNR Day

**Walks for Fitness
September 8, 2007**

Walks begin at 10:00 a.m. local time, and are led by DNR staff and community leaders in most locations. Wear comfortable weather-appropriate clothing. Bring along your filled water bottle. Participants receive a free t-shirt while quantities last, provided by the Indiana State Department of Health.

Pokagon State Park's INShape Walk will be lead by Park Manager, Ted Bohman and Park Interpreter, Fred Wooley. To register, go to the websites listed below, or come to the Youth Tent Campground and sign up.

The hike begins promptly at 10:00am from the Youth Tent Area Campground. The hike will utilize the park's new Trail 8 and cover about 2 miles. Plan on some up and down walking. Trail 8 features open, rolling meadows of beautiful prairie plants and a few scattered trees.

How to Participate

Register in advance at www.INSHAPE.IN.gov to receive a free property admission coupon and a walk registration coupon for any of the Walks for Fitness on September 8th, 2007.

If you are camping or visiting a property on September 8th and would like to join us for the Walk for Fitness, sign up at the property (check entrance gates or nature centers for the registration location) or sign in on line for INSHAPE Indiana after you return home at www.INSHAPE.IN.gov. Please note that advance registration is required for free admission to properties on September 8th. Information is also available about INSHAPE Indiana at 1-800-433-0746.

